



**Jill Patterson,  
RDN**


Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?


Let the Living Well Eating Smart Team help!

If you are interested to learn more about how Jill Patterson can help you and your family, contact her directly at:

**JillPattersonRDN  
@gmail.com  
(413) 504-4198**

 **Store Tour**

 **Event Table**

 **Cooking Demo**

 **Support Group**

# Nutrition Events at Big Y®

Jill Patterson is a registered dietitian available in a handful of Big Y locations in Connecticut to provide workshops and supermarket tours to community groups for **FREE**.

## CONNECTICUT SCHEDULE FEBRUARY 2019

**February 6**

**Healthy Valentine's  
Day Treats**

1:45 – 3:45 PM

**Meriden Big Y**

**533 South Broad St.**

Stop by our tasting table to sample festive creations to make for your favorite people this Valentine's Day.

 **Event Table**

**February 13**

**Healthy Valentine's  
Day Treats**

11:15 AM – 1:15 PM

**Rocky Hill Big Y**

**1040 Elm St.**

Stop by our tasting table to sample festive creations to make for your favorite people this Valentine's Day.

 **Event Table**

**February 13**

**Healthy Valentine's  
Day Treats**

2:45 – 4:45 PM

**North Haven Big Y**

**345 Washington Ave.**

Stop by our tasting table to sample festive creations to make for your favorite people this Valentine's Day.

 **Event Table**

**February 13**

**Living Gluten Free**

5:30 – 6:30 PM

**North Haven Big Y**

**345 Washington Ave.**

Join us for open conversation about gluten-free living and sampling of gluten-free snacks, in collaboration with the National Celiac Association.

 **Support Group**

**February 19**

**Best Tips for Weight  
Loss Success**

10:00 – 11:15 AM

**Bethel Big Y**

**83 Stony Hill Rd.**

Find practical shopping tips and meal planning strategies to help shed pounds without sacrificing foods you love.

 **Store Tour**

**February 19**

**Heart Month Heroes**

12:00 – 1:15 PM

**Bethel Big Y**

**83 Stony Hill Rd.**

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.

 **Event Table**

**February 19**

**Heart Month Heroes**

2:45 – 4:15 PM

**Naugatuck Big Y**

**85 Bridge St.**

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.

 **Event Table**

**February 28**

**Heart Month Heroes**

1:45 – 3:45 PM

**Plainville Big Y**

**275 New Britain Ave.**

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.

 **Event Table**



Visit [bigy.com/livingwell/getsocial](http://bigy.com/livingwell/getsocial) for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.